



Easy Low Carb Slow Cooking: A Prep-and-Go Low Carb Cookbook for Ketogenic, Paleo, & High-Fat Diets

Robin Donovan

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Finally, a Low Carb Cookbook with Prep-and-Go Recipes for Healthy Living

Low carb diets are more popular than ever. Limiting refined carbohydrates and increasing healthy fats and proteins can help you lose weight and improve cardiovascular health. Cooking your own meals is essential when trying to eat a low carb diet, as dining out or buying prepared foods can make it difficult to adhere to a low carb lifestyle.

With this in mind, nutrition writer and recipe developer Robin Donovan wrote *Easy Low carb Slow Cooking*?the ultimate low carb cookbook. By using healthy, truly low carb ingredients, *Easy Low carb Slow Cooking* is the only low carb cookbook that allows you to enjoy flavorful meals that are good for your waistline and your wallet. By gearing these recipes to the convenience and ease of the slow cooker, prep time and cleanup has never been simpler.

- More than 125 “prep-and-go” slow cooker recipes designed to make a low carb, high fat diet easier than ever
- Truly low carb, high fat dishes that follow ketogenic dietary guidelines, as well as “Make It Paleo” substitution tips
- Detailed nutritional information for each recipe, including macronutrient percentages for carbs, fat, and protein

Enjoy low carb cooking recipes such as: Frittata with Cherry Tomatoes, Asparagus & Thyme * Cinnamon Crunch Coffee Cake * Curried Broccoli, Cheddar & Toasted Almond Soup * Bacon-Wrapped Chicken with Barbecue Sauce * Thai Red Curry Beef with Coconut Sauce * Chocolate-Macadamia Nut Cheesecake * and more!

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Now a day folks who Living in the era wherever everything reachable by talk with the internet and the resources inside it can be true or not demand people to be aware of each data they get. How people have to be smart in acquiring any information nowadays? Of course the answer then is reading a book. Examining a book can help folks out of this uncertainty Information specially this Easy Low Carb Slow Cooking: A Prep-and-Go Low Carb Cookbook for Ketogenic, Paleo, & High-Fat Diets book because book offers you rich data and knowledge. Of course the data in this book hundred per-cent guarantees there is no doubt in it as you know.

Jeffrey Messina:

The reserve with title Easy Low Carb Slow Cooking: A Prep-and-Go Low Carb Cookbook for Ketogenic, Paleo, & High-Fat Diets contains a lot of information that you can understand it. You can get a lot of help after read this book. This kind of book exist new knowledge the information that exist in this publication represented the condition of the world currently. That is important to yo7u to be aware of how the improvement of the world. This book will bring you in new era of the syndication. You can read the e-book with your smart phone, so you can read it anywhere you want.

Catherine Hudson:

Playing with family in a park, coming to see the sea world or hanging out with buddies is thing that usually you will have done when you have spare time, after that why you don't try matter that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Easy Low Carb Slow Cooking: A Prep-and-Go Low Carb Cookbook for Ketogenic, Paleo, & High-Fat Diets, you could enjoy both. It is great combination right, you still need to miss it? What kind of hang type is it? Oh occur its mind hangout folks. What? Still don't understand it, oh come on its identified as reading friends.

Lee Long:

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